



## 2014 Healthy Connections

Kenneth Hahn Hall Of Administration 500 W. Temple St., Los Angeles Room B-62

12:00pm – 12:50pm

January 16	New Year, New You – Promoting a Healthy Lifestyle	Anthem Blue Cross
January 30	Understanding Cervical Cancer	UnitedHealthcare
February 13	Read Me! Understanding Food Labels	Kaiser Permanente
February 20	Love Your Heart, Love Your Health	Cigna
March 20	The Mind, Body, Power Connection	UnitedHealthcare
April 17	Chair Exercises – An Office or Home Workout	Kaiser Permanente
May 15	Sensible & Slimming Snacks	Cigna
May 22	Women's Health – Go You!	Anthem Blue Cross
June 19	Take a Breath Break – Approaches to Relaxation	UnitedHealthcare
July 17	Dental Health – Taking Care of Your Pearly Whites	Delta Dental
August 14	Anger Management	EAP
September 18	Diabetes: Prevention and Management	Kaiser Permanente
October 16	Ultimate Balancing Act – An Ideal Work/Life Balance	Cigna
October 23	Breast Cancer Awareness	Anthem Blue Cross
November 13	Healthy Holiday Recipes – Live Food Demos & Samples	Kaiser Permanente
December 4	Beating The Holiday Blues	UnitedHealthcare